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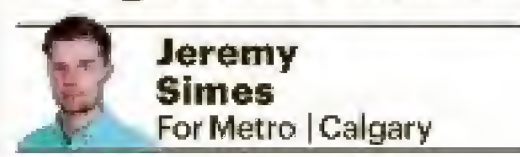
Temesgen Zeleke of Krar Collective provides a sound check on his mic and Krar at the main stage during the Calgary Folk Festival Sunday. BRODIE THOMAS/METRO

A FINELY TUNED SUCCESS

Early numbers show Folk Fest may have bucked the downturn with help from beer garden **metroNEWS**

Prayers for a missing boy

YOHO NATIONAL PARK
Rescue crews continue search for 11-year-old swept down river



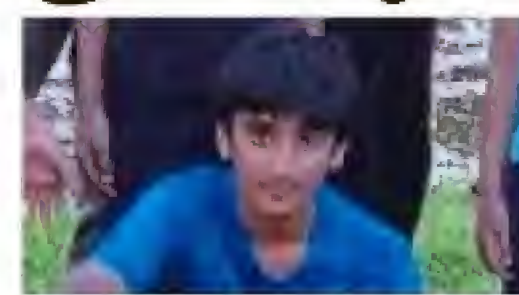
Jeremy Simes
 For Metro | Calgary

A woman who identified herself as the mother of missing Calgary boy Behzad Ahmad says she's still waiting for answers from Parks Canada, as rescue crews continue to search for the 11-year-old who fell into the Yoho River on Friday evening.

Two boys fell into the Yoho River on Friday around 7:40 p.m. while visiting Yoho National Park with their family, said Parks Canada spokesperson Tania Peters.

Peters said one of the boys was immediately pulled out while efforts to rescue the other boy were unsuccessful.

"They tried desperately to get the second boy out but were unsuccessful and he was swept downstream," Peterson said.



Behzad Ahmad FACEBOOK

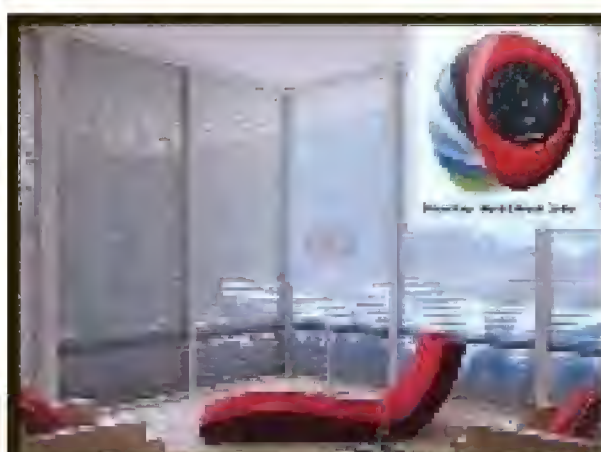
A woman who identified as Ahmad's mother said she feels extremely heartbroken. "I feel so sad," she said over the phone.

Relatives and friends have banded together praying for Ahmad, according to a family friend.

They "are vigilantly praying for the safety of Behzad," said the family friend, who requested Metro not publish his name. "They have been asked to be given privacy at this time."

Parks Canada launched an aerial and ground search of the area with support of two helicopters, Golden Search and Rescue, RCMP and other local emergency services.

On Sunday night, Parks Canada said the search had been scaled back. They said they would continue to regularly monitor the area in the coming weeks as water levels change.



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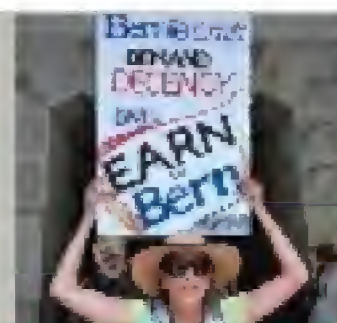
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Herbicide debate leaving 311 operators deep in the weeds

URBAN ECOLOGY

Concerned Calgarians get prickly on web, phone systems

Helen Pike
Metro | Calgary

Calgary's weeds are whack, but the 311 comments about them are even weirder.

Everywhere, the city is strategically applying herbicides, pulling, mowing and trying to maintain the green grass we all know and love. But some Calgarians have taken to 311 with helpful tips, complaints and compliments about how the parks department deals with the troublemakers.

So far in 2016, the city has had 15 herbicide-related service requests, 202 requests to spray weeds, and 53 questions

or concerns about weeds. These are combinations of complaints, questions, and just service requests.

But Calgary's online 311 requests paint another picture: there's actually a small war of minds going on.

There are duelling posts between Calgarians who want liberal herbicide applications and those who don't want the city to use weed killers at all. One Calgarian even had a suggestion for new natural herbicides, according to empirical evidence: dog pee.

"Have dogs do their business on the weeds," it read. "I know my dog kills the grass and weeds."

Chris Manderson, the City of Calgary urban conservation lead for Calgary Parks, said they won't be piloting dog pee anytime soon.

"We don't yet have a pilot on that, but we could probably do lots of sampling of what's going on right now," he joked.

"The problem with that is, I would say, that's a broad-spectrum herbicide.

"It kills more than just weeds. If we started applying it broadly it would be one of the more icky jobs."

Manderson said every year the city has many back-and-

enjoy a little rough around the edges, and would like to use unkempt dandelions to make tea, wine or salad.

"The herbicide that was applied today in Bowness Park was unnecessary and has ruined the park for the many users just getting used to having it open again. I cannot take my family there now," read one 311 complaint. "The few dandelions that were growing there were much less offensive than the poison the city has spread."

Manderson



forth arguments for the use of herbicides.

Some Calgarians want city lawns to appear perfect and manicured, while others

202

So far in 2016 the city has had 15 herbicide related service requests, 202 requests to spray weeds, and 53 questions or concerns about weeds.

said it comes down to perception. Some folks think the city comes in with "a crop-duster" or "boom spray," but in reality it's a labour-intensive process involving a guy with a backpack doing spot treatments.

Going back to the duelling posts, one citizen screen-captured praise for herbicides and submitted it as their own service request that read:

"Actually, herbicide is not cost friendly, goats cost less and won't give you cancer."

Of course, during the short goat pilot, Manderson said they did receive about 45 "service requests" about goats from 311.

One read a little like this: "There should be no goats or herbicides used. Let the plants live. Can't we all just get along, plants and people."

PARKS DEPARTMENT

A targeted spraying approach

Chris Manderson tells us why the parks department uses weedkiller sprays:

The city doesn't spray herbicides for cosmetic control of weeds. Spraying is only done for the weeds the city is legislated to control. There are 80 noxious or prohibited species that parks has to control.

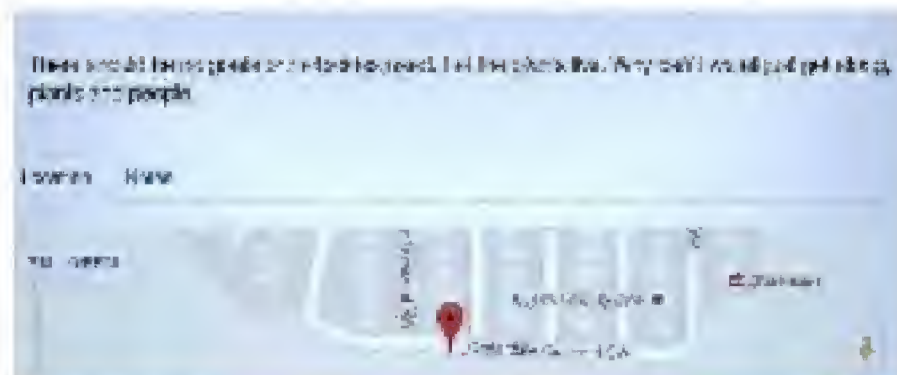
In turf, the city sprays broad-leaf weeds. So, if there's a sports field, or play field, the city needs to keep the weeds level and free of weeds for safety.

Then there's the buggers that disrupt ecosystems and push out native species.

Another instance is if there's an area that's so overrun with weeds that are killing off healthy grass the city would have to replace turf. Then, cost effectively, it's better to spray.

But typically, the city only goes after the "bad ones" and has several natural programs to kill off invasive plants.

They do annual beetle releases, and yes, as covered by the media a lot lately, they have piloted goats to munch the weeds away. HELEN PIKE/FOR METRO



The debate on the city's use of weed killer is raging on Calgary's 311 systems — both online and by phone. SCREENSHOT

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Iris Assouline helps people build careers in the trades



Jennifer Friesen
For Metro

"Everything will be fine. You will be OK."

When Iris Assouline first arrived in Canada, she said all she needed was to hear those words.

She emigrated from Israel with her two children and a master's degree in social work, but was left working three minimum wage jobs from dawn until dusk to support her family.

"There were a lot of hard moments," she said. "Even the moment when you can't find your own home because you've lost your way.... When I came here I didn't need money. I just needed someone to care."

Now she extends that helping hand to others.

Assouline joined Momentum's Trades Training program three months after she arrived, and she's been there ever since.

Momentum is a Calgary organization working to help people living in poverty.

The pre-apprenticeship Trades Training program offers six-month programs to



Iris Assouline said she has always felt the need to help others and began volunteering as a child in Israel. JENNIFER FRIESEN / FOR METRO

help participants, focusing on immigrants and indigenous people, start a career in

the trades.

"It's about working with people, and working for people, in order to bring a better change to their life," she said.

"I specialized in community development back home, and it's the same thing: working with individuals, one by one, and building bigger

groups and better communities to make sure you're making a change."

Assouline said she immediately felt at home at Momentum. Her team saw participants the same way as she did — as people with experience and loved ones to support, not as numbers assigned to a chair.

But this mentality is by no means new to Assouline — she said she's been volunteering her entire life.

While growing up in a small town outside of Jerusalem, her family had little money and her neighbourhood was filled with crime.

"When you're growing up in low income neighbour-

hoods, you see the social work that needs to be done around you," she said. "Everybody's struggling."

She volunteered as a guide and coordinator of a youth movement and later volunteered at schools in low income neighbourhoods. One day, years later, a young man approached her and said he was in one of her youth groups when she volunteered.

He said he wanted to thank her for telling him that things will get better and to keep going.

"I didn't remember doing that, but you never know how far those little words can take someone," she said.

"Never underestimate what you can do. It's not like you need a lot of money or programs or processes, it's those little things and showing genuine care."

Assouline is now the coordinator of Momentum's Trades Training program and spends her time working to make the program the best it can be.

More than 600 people have passed through the program in the last decade, and she remembers almost every name.

"I really believe in this program," she said. "So I'm making sure that we have the best quality of programming, the best upgrading and the best technical skills. I'm not compromising. I'm not saying 'good,' I'm saying 'the best,' because they deserve it."

"I'm not compromising (on the program), I'm not saying 'good,' I'm saying 'the best,' because they deserve it."
Iris Assouline

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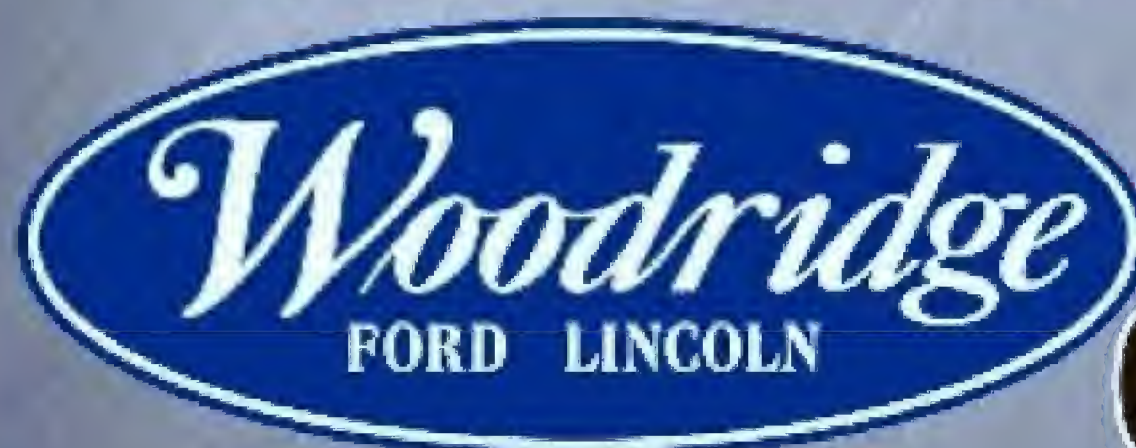
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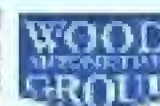
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5 THINGS ON THE AGENDA AT CITY HALL THIS WEEK

It's council's last hurrah before their extended summer break. There are no council meetings in August, but we're in for a good one to close out July. Think of it as the season finale, perhaps with a cliff-hanger ending. There are so many interesting items, but we picked five of the best.



Brodie Thomas
Metro | Calgary

1 Gender-Neutral Washrooms

A motion from Coun. Brian Pincott will ask Calgary to follow the lead of other municipalities and install gender-neutral washrooms in city buildings and facilities. It won't mean huge plumbing bills, but rather changing signs on available single-occupancy washrooms. The motion also asks the city to keep this in mind on all future builds and renovations.



2 Secondary Suite Showdown

It looked as if Coun. Shane Keating had a temporary solution to city hall's secondary suite woes all locked up. With the support of eight councillors, Keating's plan to allow suites in certain zones seemed like a home run. But then Coun. Andre Chabot had his own idea — a plebiscite on suites in 2017. Both matters were set over from the last meeting, and since then, Coun. Brian Pincott withdrew his support for Keating's plan, meaning anything could happen on all future builds and renovations.



3 Sliding Scale Transit Pass

Calgary Transit already has passes for people whose income is below a certain threshold. Now the city wants to take an approach that would make the system fairer. Rather than a single discounted pass, users would pay more or less for their pass based on income. It would also extend the passes to people who make more than the current cut-off.

IMAGES:
METRO FILE



5 Integrity Commissioner's Report

Remember when Mayor Naheed Nenshi took a ridesharing cab in Boston last April? In case you missed it, the cab driver had a candid conversation while broadcasting the mayor's thoughts on Uber. At least two councillors asked the integrity commissioner to look into the matter, and the report will be read behind closed doors Monday before being released to the public.



4 Police Funding

There's debate over whether or not more cops will mean a safer city, but the ask for 50 new officers is going forward Monday. Don't worry, it won't be coming from your tax dollars. CPS wants to pay for the new positions through "increased revenues" which means as long as you don't speed, you won't be paying for them.



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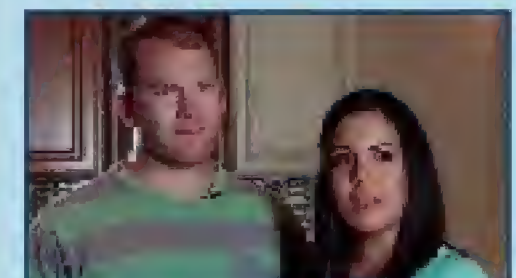
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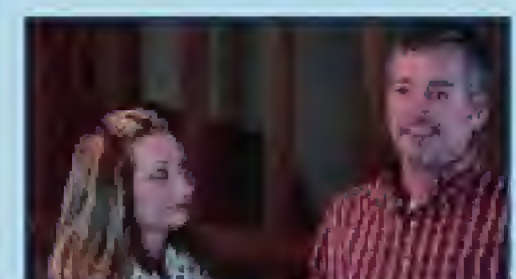
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Folk festival not quite ready to sing the blues

EVENTS

Expanded beer garden just one sign of success, say organizers



Brodie Thomas
Metro | Calgary

You couldn't ask for better weather, but you might've asked for better economic times.

As folkies gathered at Prince's Island Park for the city's annual homage to great music, it seemed like there might be fewer of them gathering this year.

Andrea Wall, a regular folk-fest attendee, thought she noticed a difference.

"It seems like (the crowds are) a little bit light, but the weather's been great," she said.

Folk fest's executive director, Debbi Salmonsén, said the pre-



Braden Gates plays a Jackson Browne tune to the crowd at Stage 4. BRODIE THOMAS/METRO

sale numbers were down, but they were still hoping to meet their budget by the end of day Sunday.

On Sunday evening, spokesperson Tara Sukut said they were still selling tickets as people came down to see closing act Corb Lund and the Hurtin' Albertans.

"It's been a great day at the box office, and people are still

coming in," she said, adding the definitive numbers won't be available until Tuesday.

Salmonsén said she wasn't overly concerned about the numbers. "I hope we'll make money, but my first goal was getting to how close we thought ticket sales would be — and we're definitely close."

She said that even with pos-

sibly lower ticket sales, there were other ways the festival might break even.

"With good weather for beer drinking — and perhaps increased revenue there — we'll be OK."

The festival did try something new this year by having one stage within the beer garden.

"We know that people love to have a cold beverage (...) on a hot afternoon. We're also a music festival, so I wanted to extend the beer garden to increase capacity and reduce wait lines — but also so it would include a stage on it with music."

The festival also had a skateboard ramp on site for the first time, which was a draw for kids and adults.

Salmonsén said the festival organizers will be looking to feed-back they get in coming weeks to see what worked.

The goal, she added, is that the audience has a great time at a community event.

+ ATTENDANCE

Preliminary numbers:

- Thursday — 12,024
- Friday — 11,853
- Saturday — 13,000
- Sunday (4:45 p.m.) — 12,007

For 91-year-old Nina Sedorova, that goal was definitely met.

Sedorova — who came to see Ian Tyson and Corb Lund — said she'd been to at least five Calgary Folk Festivals and it has remained her favourite venue.

"It's the people that are here that are different from any other festival I've been at. I've been at festivals in Vancouver and Burnaby and Coquitlam — and this folk festival has got to be the most friendliest."



A sea of mostly empty chairs waits

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in front of the main stage at the Calgary Folk Festival on Sunday afternoon. BRODIE THOMAS/METRO



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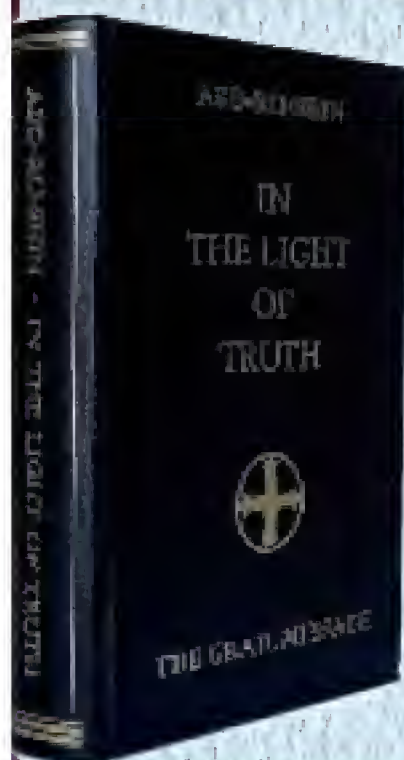
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Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors — job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth', the Grail Message.

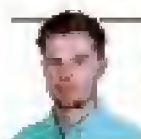
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POLITICAL FINANCE

Uniting right no easy task: Academic



Jeremy Simes
For Metro | Calgary

Dismantling both the Wildrose and Progressive Conservatives to form a new, unified party would be no easy task, and the Wildrosers have a lot more to lose financially if MP Jason Kenney wins the PC leadership, according to a political scientist.

The Tories don't actually have a mechanism within the

party rules to fold — something that may be important if Kenney wins the race, as you can't merge active parties under Alberta law.

PC Party president Katherine O'Neill said on Sunday that there will be enough money to perform the necessary step of paying off their debt of \$700,000 by Jan. 1.

Fifteen per cent of all funds from candidates' leadership races will also be given to the PC Party, she added.

But if all the debt is paid off, any leftover cash at the point of party dissolution will be sacrificed to Elections Alberta's coffers. Cash can't be transferred from one party to

another.

And if the Wildrose and PC Party do fold due to a Kenney win — and Kenney wants only one united conservative party — then the Wildrose will be forking out a lot of cash, according to Lori Williams, political scientist with Mount Royal University.

"They've got more money," she said. "And that money has to go to the government, which I can't see being very popular with Wildrosers."

\$700,000

The debt of the Progressive Conservative Party of Alberta

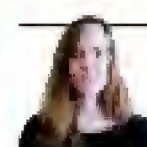


Scott Messenger enjoys an Albertan craft Czech pilsner.
TIM QUERENGESSER/METRO

Enthusiast's year of beer

ALCOHOL

Alberta's brewing industry exploding



Samantha Power
For Metro | Edmonton

Back in January, when Scott Messenger set out to try a brew from every Alberta brewery in a year, he figured he'd hit a dry patch rather quickly.

But with the list of registered brewers in the province growing from 20 to 40, and at least 10 more set to start up by year's end, it's well into summer and Messenger is only halfway through his refreshing, hoppy, heady project.

"It's the perfect year to do it," Messenger said.

Messenger started One Year of Alberta Beer at the start of 2016. It's a blog where he reviews the beer he's selected from each brewery (though it's not typical a beer-snob review but instead his reflections on beer and many other things).

Messenger said he's been pleasantly surprised at the creativity and reach of the breweries, which he added don't seem content to simply create a lager.

"They're always innovating in some way," Messenger said. "It's a great model for other industries."

Messenger said the 'Saison,' a stronger pale ale with



(Breweries are) always innovating in some way. It's a great model for other industries.

Scott Messenger

spicy, fruity notes, is his current favourite beer genre and is impressed with the selection available from local brewers. "It shows Alberta brewers are interested in bringing the world of beer to the province."

But his main problem is getting to that world of Alberta beer. Local craft brewers primarily serve their communities, which Messenger said is the most important aspect to the brewer — but it means he may have to start planning road trips.

Despite the creativity among the new brews, Messenger said getting into craft beer is not an overwhelming prospect.

"It's not exclusive. Most will produce a straight-ahead lager or wheat ale if people want to get a locally produced beer."

+ VARIETY

According to the Alberta Small Brewers Association, membership has grown from 19 breweries in 2014 to 40 in 2016, and 10 more are reportedly in planning stages.

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Couple charged in kid's death seek bail

EMILIO PERDOMO

Autopsy found five-year-old died of blunt force trauma



Jeremy Simes
For Metro | Calgary

The lawyers representing the

step-grandmother charged over the death of her five-year-old step-grandson say they're moving for their client's bail.

On Friday, Calgary police said grandfather Allan Edgardo Perdomo Lopez and step-grandmother Carolina Del Carmen Perdomo were charged with manslaughter over the homicide of Emilio Perdomo.

It's taken police just over a year to lay charges in the death of Emilio who, on July 17, 2015,

died from his injuries after he was brought into the Alberta Children's Hospital suffering from wounds that family members attributed to numerous accidents.

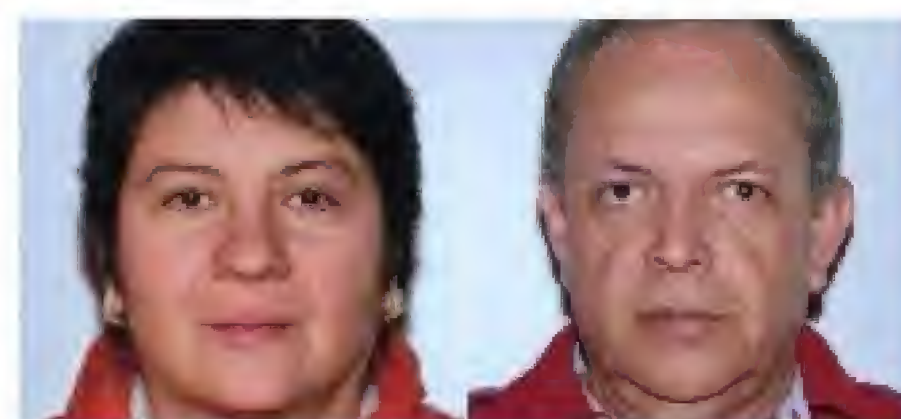
Earlier this month, police said they were on the hunt for the Perdomos in a news release, which was heavily criticized by the lawyers representing Carolina because they claimed it put them at risk.

Carolina's lawyer, Brendan

Miller, said on Sunday that "at this time, all I can advise is that we will be moving for bail of Mrs. Perdomo as soon as possible."

The autopsy found the child Emilio died as a result of multiple blunt-force trauma injuries, causing police to later determine his death was a homicide.

The Perdomos were taken into custody on Friday without incident and will appear in court on Monday.



Carolina Perdomo and Allan Edgardo Perdomo Lopez
CONTRIBUTED/CALGARY POLICE SERVICE

TURKEY

Calgarian accused of helping plot coup



Brodie Thomas
Metro | Calgary

Family and friends of a Calgary imam who has been detained in Turkey say they are worried for his safety, as well as that of his wife and two children.

Davud Hanci is being detained by police in Turkey. Local media reports accuse him of helping with an unsuccessful coup attempt on July 15.

Ruveyda Durmus, Hanci's sister-in-law, said Turkish media have reported he arrived on July 13 when in fact he arrived there July 7 to see his ailing father.

Hanci had brought his wife, Rumeysa, and their two sons, aged nine and eight, to see his father one final time. Durmus said her sister and the two children are not being detained at the moment, but they are afraid.

"I am trying to get help from the Canadian government," said Durmus. "They told me because he has dual citizenship, it's complicated."

The Canadian government has offered assistance in getting Hanci's family back to Canada, but they are hesitant to leave without Hanci.

"We are so worried," said Durmus. "We cannot go to Turkey; they might arrest us too."

Turkish President Recep Erdogan has accused an exiled religious leader named Fethullah Gulen of organizing the coup.

Gulen resides in Pennsylvania, where he runs a retreat centre devoted to spreading the word of the Hizmet Movement.

Turkish media reports are painting Hanci as a right-hand-man to Gulen, but Malik Muradov, executive director of



Calgary imam Davud Hanci
has been arrested in Turkey.
CONTRIBUTED

the Intercultural Dialogue Institute of Calgary, said there's no truth to those reports.

"He has nothing to do with the coup, nor would he approve of it," said Muradov.

He said a photo that reportedly shows Hanci with Gulen is not actually Hanci.

Hanci works as an imam for Corrections Canada and Alberta Government Correctional Services, according to Muradov, who added that he also volunteers much of his time to the Turkish community.

Muradov said he personally has been to Gulen's retreat centre for workshops, and that the Hizmet Movement is about promoting education, interfaith dialogue, and peace.

Muradov said while Hanci undoubtedly is familiar with Gulen, it is unlikely that Gulen would know Hanci.

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We cannot go to Turkey; (the police) might arrest us too.

Ruveyda Durmus, Davud Hanci's sister-in-law

Day camp a crash course in culture

SYRIAN REFUGEES

Fun and games help youngsters acclimatize to new country

It's a familiar chant belted out at summer camps across the continent, but the call-and-response uttered at one Toronto day camp on a sticky July day is hesitant, even shy.

"I don't know what you've been told!" an eager counsellor bellows in sing-song fashion at a group of young Syrian refugees. "Happi Campers cheers the most," her wary charges mumble back in broken English.

It takes a moment for the middle-schoolers to grasp this peculiar game, but three tries later, they gel into a more-or-less unified chorus.

"Five! Six! Seven! Eight! Weeeeeeee're great!" they holler, letting loose with exuberant cheers.

The fun and games at this day

camp are more than just a rite of passage for these new Canadians; they're a key step in easing their transition into a strange country with unfamiliar customs.

Happi Camper founder Mazen El-Baba says he tried to design a getaway that would offer the staples of any typical North American summer camp: drama, arts and crafts, and sports.

But it would also offer much-needed lessons tailored to the specific needs of young Syrian refugees: intensive literacy classes, a crash course in Canadian cultural norms, and self-esteem exercises.

That last goal is possibly the most challenging, given the fact that most of these war-weary children — 75 in all, ranging in age from five to 15 — have been through horrific traumas.

El-Baba says it's hard to know exactly how these kids are suffering because they have not been formally diagnosed with behavioural or mental-health issues. But they clearly bear the scars.

When confronted with some-

thing they've done wrong, it's not uncommon to hear a frustrated camper say, "I should go kill myself" or "I should go stab myself or shoot myself," says El-Baba.

"I'm not sure if they actually understand it because you're hearing that from an eight-year-old, you're hearing that from a nine-year-old," he adds.

"An eight-year-old and nine-year-old saying that, 'I want to stab myself,' it's really hard to hear that. It's like, 'Wow, OK, let's talk more about it.' That's some of the things we see."

Activities were designed with the help of mental-health professionals, family doctors, social workers and crisis-intervention professionals. Every week, each counsellor meets with three mental-health experts to discuss behavioural problems they've observed.

But this is not a counselling camp, stresses El-Baba. The biggest goal is to let these kids be kids, and have the opportunity to let loose and have fun.

THE CANADIAN PRESS



Syrian refugee children take part in activities indoors and out while attending H.appi camp in Toronto on July 12. CHRIS YOUNG/THE CANADIAN PRESS

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Art display honours dead students

REMEMBRANCE

Painter hopes to present his work as a gift to Justin Trudeau

The day after 145 inquest recommendations were released on the deaths of seven indigenous students in Thunder Bay, Ont., Chris-

tian Morrisseau woke at 4 a.m., overwhelmed with grief. Morrisseau's 17-year-old son, Kyle, was one of the seven who died between 2000 to 2011 while they were away attending school.

Kyle's body was pulled from the McIntyre River in Thunder Bay on Nov. 10, 2009. A coroner's inquest ruled on June 28 that Kyle's death was "undetermined," leaving the family with few answers as to what

happened.

Morrisseau, 46, who learned to paint at the hand of his father, Canada's great Ojibwa artist Norval Morrisseau, felt he had to do something to honour the memory of his son and the six other students. He spent the next few days painting, non-stop, a gigantic canvas he entitled Seven Fallen Feathers.

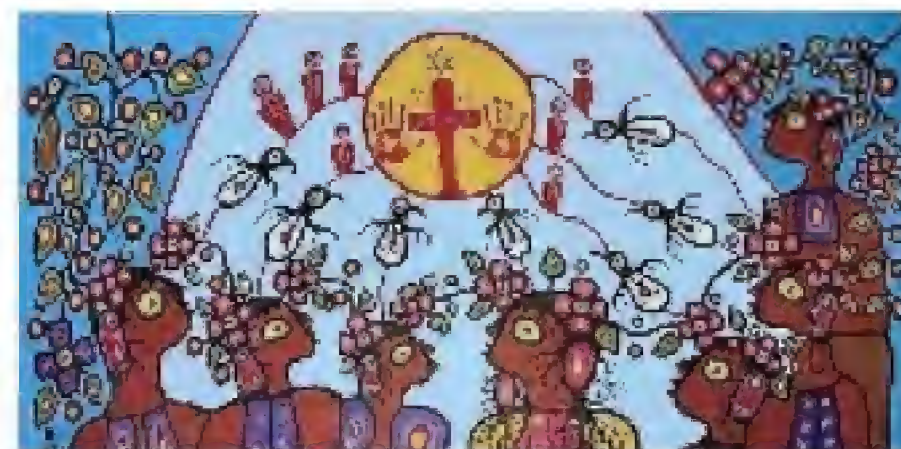
The painting captures the students' passage into the spirit world, guided by the family

members who have gone before them.

Morrisseau is now working to present the painting as a gift to Prime Minister Justin Trudeau and the people of Canada.

"My son made a spiritual sacrifice," Morrisseau said. "He gave up his spirit so no student or parents would go through what he did. That is how I think of what happened to my son."

TORSTAR NEWS SERVICE



Seven Fallen Feathers by Morrisseau. CONTRIBUTED

SASKATCHEWAN

City builds lifeline hose to clean water

Officials in Saskatchewan say a riverside city whose water supply is threatened by an oil pipeline spill is building a hose, dozens of kilometres long, to draw water from another river.

Sam Ferris with Saskatchewan's water security agency said Prince Albert is constructing a line to the South Saskatchewan River, between 20 and 30 kilometres away.

The city of more than 35,000 has been preparing to shut its regular water intakes on the North Saskatchewan River following a spill upstream of between 200,000 and 250,000 litres of crude oil and other material at a Husky Energy Pipeline near Maidstone, Sask.

Prince Albert's city manager, Jim Toye, said the water line will be functioning later this week and will utilize 30 pumps, each with 400 horsepower.

"We understand the water situation could be as long as two months," Toye said Sunday.

North Battleford has imposed strict water-use restrictions and Toye said Prince Albert's council will pass its own restrictions on Monday.

The oil pipeline that leaked runs from Husky's heavy oil operations to its facilities in Lloydminster and carries oil mixed with a lighter hydrocarbon, called a diluent, that's added to ease the flow.

Kotyk said Sunday that three birds are confirmed to have been affected by the spill. He said Husky has established a program for recovery with the Wildlife Rehabilitation Society of Saskatchewan.

Jan Shadick of Living Sky Wildlife Rehabilitation said three birds were brought to them on Saturday coated in oil. She said one died and the other two are recovering.

"For me, part of the concern, is that as the oil moves, we're going to end up finding more oiled wildlife downstream. So the potential for this to continue is certainly present," Shadick told CJWW radio. THE CANADIAN PRESS



We're going to end up finding more oiled wildlife downstream.

Jan Shadick

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IN BRIEF

Flight delayed for two days finally arrives

An Air Canada flight that saw passengers stranded in Manchester, England, for two days landed in Toronto on Sunday afternoon. The airline said it will be in touch with the affected customers for a full refund.

An Air Canada spokeswoman called it an "unfortunate situation" caused by mechanical problems as well as crew duty restrictions.

THE CANADIAN PRESS

New Brunswick family grieves shortage of Steeves

A New Brunswick family has failed to break the Guinness World Record for the largest gathering of individuals with the same last name.

Susan Steeves estimates 1,900 members of the Steeves family congregated for the attempt on Saturday. But she says many were disqualified for having changed their names through marriage or inheriting another variation.

THE CANADIAN PRESS

Discord in Philadelphia



1 Activists including hundreds of environmentalists and Bernie Sanders supporters march through downtown Philadelphia before the start of the Democratic National Convention on Sunday. JEFF J MITCHELL/GETTY IMAGES

2 A man dressed like author Hunter S. Thompson holds a sign. JEFF J MITCHELL/GETTY IMAGES

3 Supporters of Sen. Bernie Sanders make their voices heard. JOHN MINICHILLO/THE ASSOCIATED PRESS

4 Environmentalists march through downtown. JEFF J MITCHELL/GETTY IMAGES

DEMOCRATIC CONVENTION

Opposition to Clinton makes itself heard

Republicans who dislike Donald Trump were mostly discreet at last week's nominating convention. They grumbled in private conversations, expressed their unease through hand gestures, or jeered a procedural call by party brass.

It's noisier on the left. The progressive brigade that refuses to march behind Hillary Clinton is loud, proud and in the streets at the Democratic convention. What was ostensibly a march for climate change Sunday included plenty of T-shirts for her primary opponent Bernie Sanders, for the Green party's Jill Stein, and little discernible trace of support for her.

In fact, there appeared to be a greater number of anti-Clinton protest signs

like "Not With Her" and "Never Hillary," in a visual demonstration of the challenge ahead for Clinton in uniting progressive voters.

That difficulty was underscored inside the official convention too. The party chair who supports Clinton was forced to resign, pushed out by the leak of emails showing an institutional bias during the primaries. There were

king, and other issues like genetically modified food and the Trans-Pacific Partnership trade deal, she said she's done.

When asked whether she worried that her choice might help deliver Florida to Donald Trump — and with it, the presidency — she didn't hesitate for a second.

"No," Duhl said.

"We are not going to vote for the lesser of two



We are not going to vote for the lesser of two evils.

Valerie Duhl from Florida

also whispers about a possible convention protest against Clinton's choice of vice-presidential running mate.

And then there are voters like Valerie Duhl.

She's a Floridian who's supported Democrats for 22 years, but not this time. At a rally Sunday for an assortment of environmental causes like opposition to oil pipelines, frac-

evils. We are going to vote for principles. We don't vote out of fear... I will not vote out of fear."

She's among those hoping Sanders pulls off some convention miracle and becomes the nominee. Assuming that doesn't happen — a safe bet — she said she'll vote for the Green party's Jill Stein.

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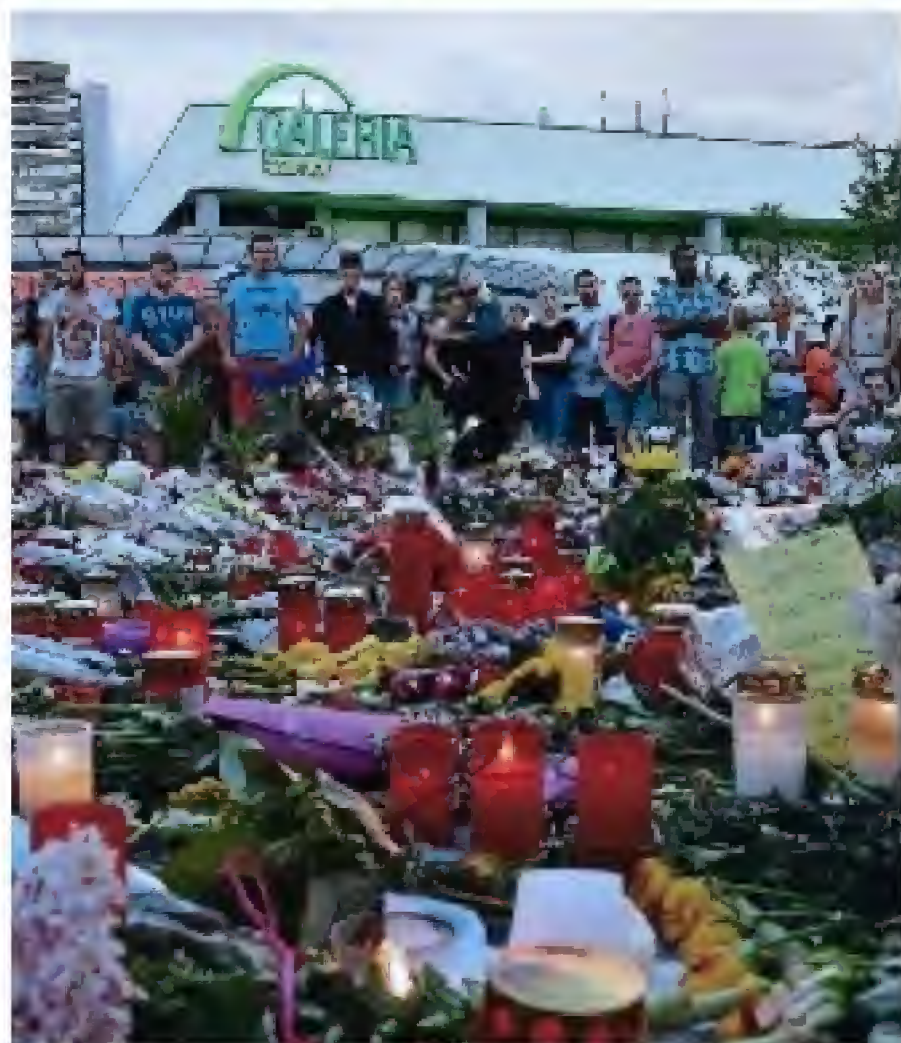
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People mourn on Sunday in front of the Olympia Einkaufszentrum shopping centre in Munich, Germany, where an 18-year-old went on a killing spree. CHRISTOF STACHE/AFP/GETTY IMAGES

Portrait of a murderer emerges

GERMANY

Teen who killed nine people was bullied at school

The teenager behind the deadly shooting rampage in Munich was a withdrawn loner obsessed with playing "killer" video games in his bedroom, a victim of bullying who suffered from panic attacks set off by contacts with other people, investigators said Sunday, adding that he had planned the attack for a year.

Law-enforcement officials piecing together a portrait of the 18-year-old shooter said he was seeing a doctor up to last month for treatment of depression and psychiatric

problems that began in 2015 with inpatient hospital care followed by outpatient visits.

They said medication for his problems had been found in his room. But toxicological and autopsy results were still not available, so it's not yet clear whether he was taking the medicine when he went on his shooting rampage Friday, killing nine people and leaving dozens wounded.

The 18-year-old German-Iranian, identified only as David S. due to Germany privacy laws, had earlier been described by investigators as being bullied by schoolmates at least once four years ago and being fascinated by previous mass shootings. But none of those killed were known to him, investigators said.

THE ASSOCIATED PRESS

+ MORE VIOLENCE IN GERMANY

Explosion: Police in the southern German city of Ansbach said Monday a man was killed when an explosive device he was believed to be carrying went off near an open-air music festival, injuring 10 others.

Machete attack: A Syrian man killed a woman with a machete and wounded two others Sunday outside a bus station in the southwestern German city of Reutlingen before being arrested. Police said there were no indications pointing to terrorism.

TERRORISM

Afghans mourn 80 murdered by bomber

Afghanistan marked a national day of mourning on Sunday, a day after a suicide bomber killed at least 80 people who were taking part in a peaceful demonstration in Kabul. The attack was claimed by Daesh.

Authorities say another 231 people were wounded, some seriously, in the bombing Saturday afternoon on a march by members of the ethnic Hazara community, who are predominantly Shiite Muslim. Most Afghans are Sunni,

and Daesh regards Shiites as apostates.

The attack was the first by Daesh on Kabul — and the capital's worst since a vicious Taliban insurgency began 15 years ago — raising concerns about the group's reach and capability in Afghanistan.

Bereaved families collected their dead from hospitals and morgues across the capital, and began digging graves as the first funerals went ahead in the west of the capital.

Many people chose to bury their dead together with others — rather than in traditional family plots — encouraged by organizers of the Saturday demonstration, who call themselves the Enlightened Movement. In a hilltop graveyard in the Surkh Abad suburb of south-western Kabul, hundreds of people, most of them men, braved high winds and swirling dust to conduct the Shiite funeral rites.

THE ASSOCIATED PRESS



Hazara women protest in Quetta, Pakistan, on Sunday.

BANARAS KHAN/AFP/GETTY IMAGES

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Tech even bigger than it appeared

ECONOMY

Sector exceeds even finance and insurance, study found

Canada's high-tech sector is much bigger than thought, extending beyond just information and communications technology to play a greater role in the overall economy, a new report says.

"Professions that 10 or 20 years ago may not have been considered high-tech are now moving into areas where they are essentially becoming high-tech workers," said Sean Mullin, executive director of the Brookfield Institute for innovation and entrepreneurship at Ryerson University.

The institute released The State of Canadian Tech Sector on Monday, which analyzes data, looking at jobs across different sectors to determine

BY THE NUMBERS

\$117B

The tech sector, which includes 71,000 firms, generated \$117 billion of Canada's total \$1.65 trillion GDP last year.

2/3

More than two-thirds of those firms are small operations with fewer than four employees.

which should be categorized as high-tech.

Using methodologies developed by U.S. Bureau of Labor Statistics and Nesta, a U.K.-based innovation charity, the institute developed a custom definition for Canada — mapping and identifying tech occupations and industries.

If the number of tech jobs exceeded 15 per cent in an industry, more than three times the national average, it was considered a member of the tech sector.

It found 864,000 employees across Canada are high-tech workers, or 5.6 per cent of total employment in 2015.

In terms of private-sector investment in research and development, the tech sector was the largest at \$9.1 billion.

That translates into 7.1 per cent of real economic output — with the next closest sector in terms of output was finance and insurance — but was exceeded by construction, mining, manufacturing and real estate sectors.

Urban centres had higher concentration of tech professionals, as expected. But surprisingly, Toronto and Vancouver came in above the Kitchener-Waterloo-Cambridge area in terms of tech sector concentration.

TORSTAR NEWS SERVICE



DOVER DELAYS TRAFFIC TO FRANCE DISRUPTED Expanded security checks at the French border causes gigantic backups at the Port of Dover in southern England on Sunday as holiday travellers and commercial vehicles try to cross the English Channel into France. Some motorists were forced to spend the night in their cars after getting stuck in jams leading to the port. YUI MOK-PA/THE ASSOCIATED PRESS

IN BRIEF

Verizon buying Yahoo for \$5 billion, reports say

Verizon has agreed to buy Yahoo Inc. for roughly \$5 billion US, according to multiple media reports. Yahoo is expected to sell its email service and news, finance and sports websites in addition to its advertising tools under pressure from shareholders fed up with a downturn in the company's revenue during the past eight years.

THE ASSOCIATED PRESS

Pokémon Go catches wrath of Egypt cleric

A leading Egyptian Sunni Muslim cleric has warned against the dangers of playing too much Pokémon Go. Abbas Shumman, the deputy sheikh of Egypt's Al-Azhar institute, said the wildly popular mobile phone game "makes people busy with it, ignoring their main work and it might also put them in danger," but says there is no problem with people playing it in moderation if they are at home or in a safe place.

THE ASSOCIATED PRESS



Airbnb CEO Brian Chesky in San Francisco in April. THE ASSOCIATED PRESS

SHARING ECONOMY

Airbnb sues hometown over regulations

San Francisco wants people who rent out their homes through Airbnb and other online platforms to follow some rules, and it wants the platforms to advertise only those rule-abiding listings — or face steep fines.

That means Airbnb and others must stick to advertis-

ing San Francisco hosts who have registered with the city and haven't exceeded the number of nights they're allowed to rent. The penalty? Platforms can be fined up to \$1,000 a day per violation.

Now, Airbnb is suing its hometown, arguing that it's

not responsible for making sure hosts follow city rules and that San Francisco, the place that birthed some of the world's most innovative startups, is undermining a bedrock principle that allowed those companies to flourish in the first place.

In its federal lawsuit filed in

June, Airbnb states San Francisco's ordinance violates a federal law that has long shielded websites such as Facebook and YouTube from responsibility for information posted by users. In this case, it's the legality of vacation listings.

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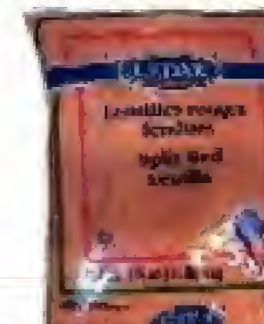
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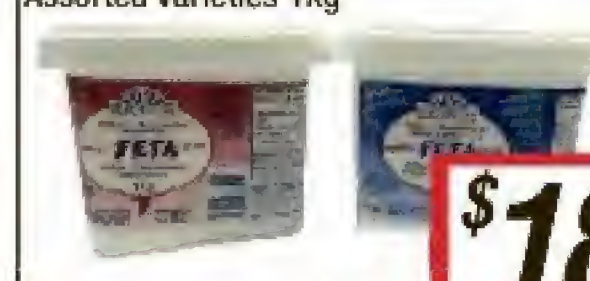
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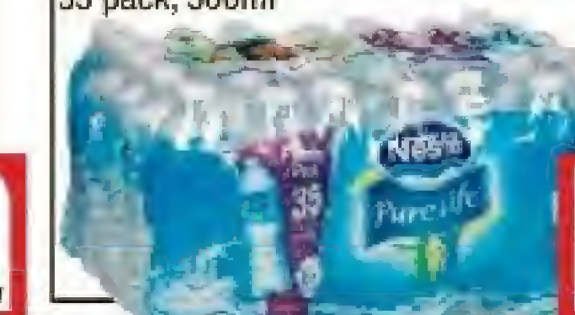
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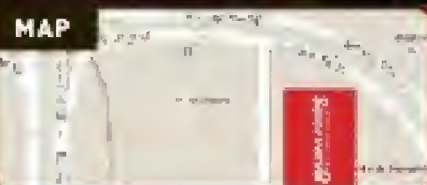
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I want to romantically pursue a friend of a friend on Facebook. How do I make the first move? Should I directly message the one I'm interested in, or should I wait to confer with my friend?

Hello Ellen,

I need advice about Facebook relationships. I have a friend (I'll call her "AA") who has a friend (I'll call her "BB") that caught my attention. I messaged AA asking whether or not BB is single, but got no response. A couple of days later I noticed AA "liked" some photos that BB posted on Facebook. Should I send a message to BB to get a conversation going? I won't ask whether or not she is single, more like a comment. I am thinking I should say something before I miss my chance. Should I even try to talk to BB if I didn't get a reply back from AA? Thank you,

Signed,
L. Mike

Dear L. Mike,

You sent this letter a while back, so for all I know you and BB are married at this point, in which case congratulations. Or perhaps you're in jail for stalking her, in which case, I must apologize for not getting back to you sooner.

Approaching a love object is always tricky, but never more so than when it's on social media. You'd think things in print would be crystal clear, but the lack of facial expressions, tone and delivery can lead to disaster. I regret to say, and find it astonishing, that my own

We can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection.

writing in emails, text messages, and indeed in this very column, is sometimes met with outright hostility.

C'est la vie, not to mention chacun à son goût. My point is we can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection in the hope of being understood and perhaps even loved.

This is not to suggest you pester BB on FB until she falls in love with you or calls the police. You must finesse your way in so as not to startle the creature, and leave her plenty of room to

gracefully withdraw if she chooses to resist your advances.

If you have been introduced IRL, and you are not yet FB friends, you should immediately send a friend request. If she accepts, you may send a friendly message, and "like" (but not aggressively "love") her posts. It's also allowable to invite her to events you suspect (from her FB activities) she'd be interested in. Even better is an event where you and she might be surrounded by mutual friends — no stranger danger for her, and lots of buddies to attest to how awesome you

are.

If she's interested, she will make something happen. If she's not interested (and remember, for all you know, she's in a relationship or otherwise unavailable), you will soon find out when she ignores you or AA calls to tell you that BB has blocked you.

Yeah, it'll hurt. But clarification is always a good thing. And at least you will be able to move on knowing you behaved like a gentleman.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD

The new wave of advice columnists wants you to be happy, not obedient

Pop-culture science today is concerned with nothing so much as our feelings.

Avenues to the "good life" are proffered in endless studies on emotions and self-perceptions. Are you happy? Too stressed? Mentally centred? The whole spectrum of the contemporary, Western life is funnelled through this idea of how you feel.

And in this era of feelings, we're witnessing a new dominance of the advice column. Hugely popular, it's an old form of newspaper column newly tailored, if not tailor-made, for the web.

The same voyeurism exists, that urge to witness another person's disastrous, dishevelled life. But where advice columns were once about social decorum, now they're more about personal destiny: As much what should you do as who do you want to be. Sometimes they aren't even about the nitty-gritty advice; they're winding and impassioned essays on the messy state of modern humanness. And that's often the case with Heather Havrilesky.

Havrilesky writes the Ask Polly column for New York Magazine and has a new book of mostly new essays: *How to be a Person in the World: Ask Polly's Guide Through the Paradoxes of Modern Life*.

On Twitter, hers is a voice of inspiration tinged with the sardonic, a la this quip: "Never let anyone tell you your search for happiness is self-indulgent. You can't do a goddamn thing

for anyone when you're depressed."

In person, Havrilesky speaks in the same meandering, quotable style of her column — starting in one place, taking a series of side trips and explanatory footnotes before arriving at some core insight about how we treat ourselves and each other.

"I think I've almost been studying happiness for the last for years, in a weird way," she told me during an interview for my podcast, *Nth Wave*. "The column gave me the opportunity to use the struggles that I had, to re-frame my own experiences. I would take each letter and find some doorway into the other person's experience through my own."

Havrilesky rejects demographic tags, like millennial or soccer mom, which herd us "into this place of half-seeing." In length and tone, her work is expansive. She aims to connect people to their feelings and their compassion for themselves, "thereby connecting them to humankind at large." Humans are full of potential, she says. You only have to talk to them to find their "pocket of brilliance."

Aside from the wit and quirk and sharp edges, her advice is worth reading especially for this: To be reminded that someone in the world thinks so highly of us all.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Changing up the name game

TRENDS

Modern couples buck tradition when it comes to last names

Megan Haynes
For Metro Canada



By the time she married, Manitoba-based Crista Gladstone, 31, had a developed career as a socio-economic analyst under her maiden name. And her husband, Brody, 30, didn't want her to give up that recognition just to take on his last name, Semchuk.

But when their daughter, now two, arrived they faced a dilemma — what last name will she get? Gladstone and Semchuk were both ruled out and neither favoured hyphenation. The pair decided to blend both to create Semstone. Now the family has three different last names.

She's part of a small movement of families bucking the trend of adopting the husband's last name in favour of gender-equal alternatives, because in this post-feminism era why should the man's surname be the default?



Crista Gladstone and Brody Semchuk decided to blend their surnames into Semstone when it was time to name their first child. CONTRIBUTED

In today's "modern family" world, it's more accepted than ever that a woman might have a different last name than her husband, says Donna Lillian, a linguist scholar at the North Carolina-based Appalachian State University and president of the Canadian Society for the

Study of Names.

But dig deeper and a status quo and stigma still persist: In Canada, eight in 10 women take their husband's last name, either at marriage or when kids are born, according to a 2016 survey commissioned by I Am A Mrs., a company that helps women change their surnames.

One U.S. study found 10 per cent of people believe women who keep their maiden names aren't as committed to their families, while 50 per cent think women should be legally required to adopt her husband's surname. Through her research

Lillian also found once the topic of children comes up, there is near universal assumption they will take the father's name.

And forget about asking a guy to change his name. "Boys are brought up to assume their name is going to be with them from birth till death," says Lillian. "It's an inseparable part of their identity. Whereas girls are raised to assume their birth surname is something they borrow."

But it's 2016 and people like Gladstone don't think that was OK. She didn't give her daughters a different name as a polit-

+ ALTERNATIVES

What's in a name?

Couples aren't relying on tradition to dictate their names. Here are some alternatives that people are exploring:

■ Leave it to chance:

Some couples use the gender of their child to decide on a family name. If it's a girl, then the mom's name is passed down, if it's a boy, the dad's name is.

■ Combine two names:

Like Gladstone and Laridon, couples can blend their names to create an entirely new unit.

■ Hyphenate:

This route gets a lot of flak, but it's a common way for both parties to maintain their identities.



John, left, and Christopher combined their last names to become the Laridons after getting married in 2011.

CONTRIBUTED

■ Use something different, but meaningful:

Lillian, for example, took her maternal grandmother's first name, while others could take a family surname that might otherwise be wiped out of existence.

MEGAN HAYNES/METRO

couples to explore alternatives. It's about finding solutions that work for everybody.

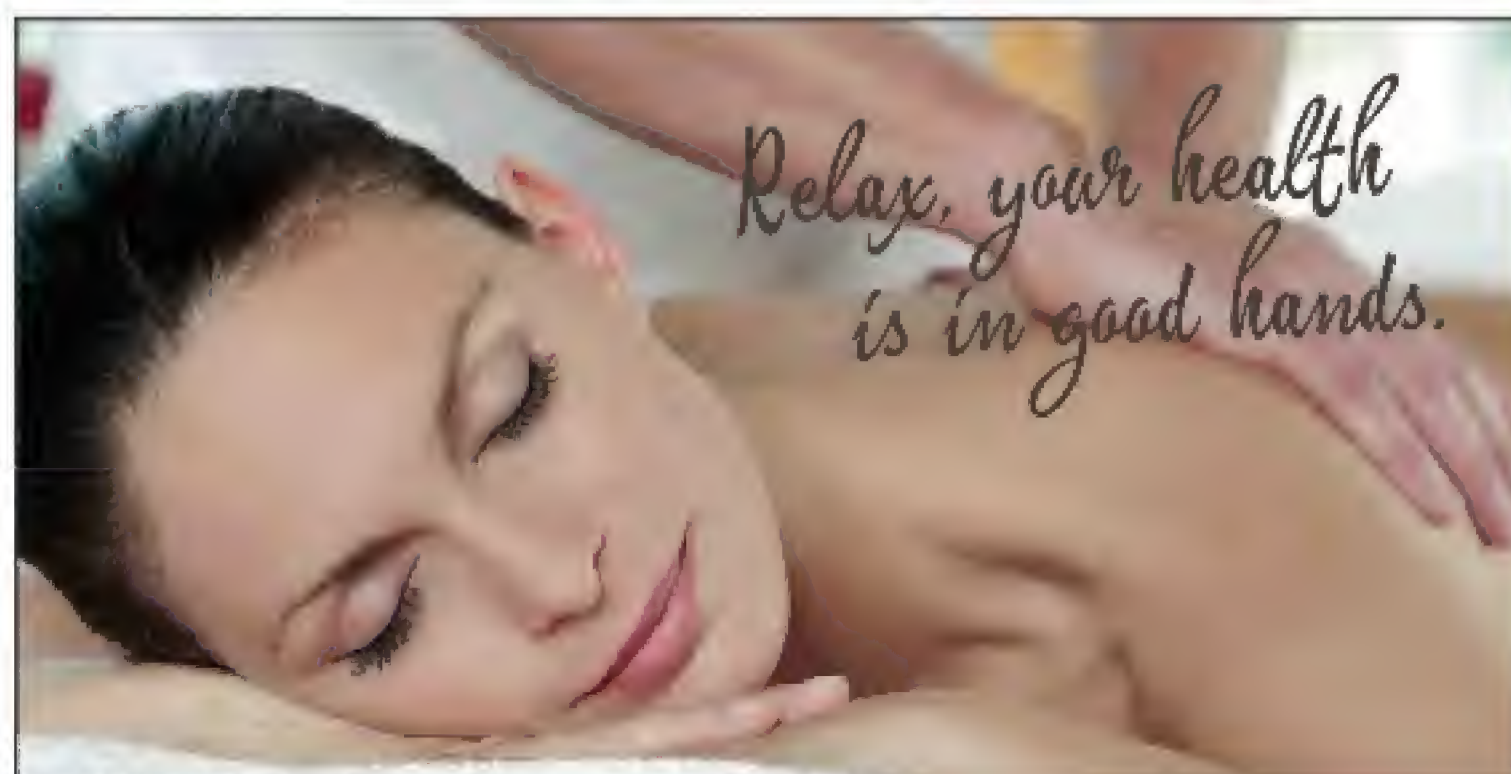
London-based John Laridon, 34, for example, paired his last name (Harrison, itself a blend of his parents' two last names; Anderson, his mom, and Hresiewicz, his dad) and his husband's name (Lalonde) to create one that reflected both parties.

And in his case, it definitely doesn't detract from his familial ties. "We like the unity and beginning of something new together," he says. And in the end, isn't that what starting a family is all about?



Boys are brought up to assume their name is going to be with them from birth till death.

Linguist scholar Donna Lillian



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The big reveals at Comic-Con

San Diego Comic-Con has become a go-to destination for Hollywood to celebrate — and promote — its most established entertainment properties to the more than 160,000 fans in attendance. Here are some of the highlights from a weekend filled with thrills and what fans can look forward to in the upcoming years.

THE ASSOCIATED PRESS



Guardians at Disneyland, Spider-Man in school

Marvel Studios chief Kevin Feige announced Saturday at Comic-Con that a **Guardians of the Galaxy** ride, Mission Breakout, is in the works. It will take over what is currently the Tower of Terror at Disneyland starting next summer in conjunction with the release of the sequel. Stars Chris Pratt, Zoe Saldana, and Dave Bautista attended the annual fan convention with director James Gunn to tease new footage focusing heavily on the Baby Groot character in addition to a new trailer. The trailer confirmed Kurt Russell's previously hush-hush role; Star Lord's father. Pratt, reprising his role as Star Lord, said the film picks up a few months after the first left off.

Spider-Man: Homecoming is just 10 days into its shoot, but audiences at Comic-Con have already seen a first look at the film. Marvel Studios unveiled initial footage from the film Saturday evening, showing star Tom Holland as Peter Parker in the latest big screen reboot of the web-slinger. Director Jon Watts said Homecoming is simply a high school movie. Moderator Chris Hardwick added that it has some John Hughes vibes to it. Spider-Man: Homecoming swings into theatres on July 7, 2017.



Brie Larson is Captain Marvel

Oscar winner Brie Larson has a new title to add to her resume: Superhero. Disney and Marvel announced Saturday at Comic-Con that Larson will star in **Captain Marvel** as the butt-kicking air force pilot Carol Danvers. Captain Marvel will be the first film in the Marvel Cinematic Universe to centre on a female character. The film is set for release in March 2019.



Star Trek show teased

The next chapter of the Star Trek franchise will be called **Star Trek: Discovery**. The title and footage of the starship Discovery were teased at the end of a Comic-Con panel Saturday celebrating the series' 50th anniversary. Discovery executive producer Bryan Fuller said the show coming to the CBS All Access streaming video service will draw upon the optimistic tone established by Trek creator Gene Roddenberry.



Walking Dead's King Ezekiel peek

King Ezekiel and his pet tiger Shiva are coming to **The Walking Dead**. The dreadlocked character from the comics will be portrayed in the zombie drama's upcoming seventh season by actor Khary Payton. The seventh season of The Walking Dead will premiere Oct. 23.

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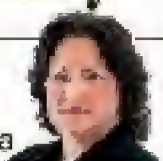


Kids can learn all about money management at school, but if they don't see it played out in the home they're going to think the lessons are irrelevant to their lives. iStock

LEARNING

Don't assume others will teach your kids finance savvy

Gail Vaz-Oxlade
For Metro Canada



Everyone believes kids should learn about money: how it works and how to manage it. But loads of folks seem to think it's someone else's job.

Money lessons should be taught at school.

Borrowing should be taught by lenders.

Banking should be taught by, well, bankers.

The federal government even appointed a task force to work on a national strategy for financial literacy.

I have to tell you, when the report came out over four years ago I was so NOT impressed I yawned.

Once again, everyone wanted to push the responsibility for teaching kids about money to someone else's plate. Don't even get me started on how ill-equipped schools are to do this.

But, no doubt, school boards spent thousands of dollars to design curriculum, forcing teachers to squeeze it into an already crowded curriculum. (BTW, do you think your kids

have gotten smarter about money in the past four years?)

The best place for kids to learn about how money works — and the role it should play in their lives — is at home.

Since money is a hot topic, and most parents are scared to death to even broach the subject with their kids, let's look at another "life lesson" that is taught at school but learned at home.

When kids are introduced to the food pyramid at school, they learn all about which foods are healthiest, and how much of each kind of food they should include in their diets.

But telling kids to eat five to seven servings of fruits and veggies each day has little impact if, when they get home, mommy and daddy serve up a hot dog, bag of chips and tin of pop. Out the window goes the lesson just learned and kids come to know that the stuff they're taught at school is irrelevant to their lives.

And so it is with money. We can talk about how important it is to save until we're blue in the face, if our kids don't see us saving at home, they won't learn the lesson. And we can talk about becoming smart consumers, but if we whip out our credit cards every

time something takes our fancy — or worse because our kids demand it — we're teaching them to embrace their Impulse Monkey.

Growing up in a financially sound home doesn't automatically translate into success for kids either. Kids don't learn about money by osmosis. They need to be taught the rules of good money management. They

need lots of practice to incorporate those lessons into their lives. They need to be able to fail safely and adjust their thinking as they learn about how money works. And there's a lot to learn.

So we should start early.

Want to teach your children to be financially successful? Want them to avoid living from paycheque to paycheque? Want them to steer clear of crippling student loans and credit card debt?

Time to take the reins of your child's financial education.

And if you have to do some learning (and make some changes) to make this work for your children, is that really such a bad thing?

For more money advice, visit Gail's website at gailvazoxlade.com

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WHY I LIKE MY JOB

Mike Luchia, 35 – Leader, Continuity & Risk Reduction at Calgary Emergency Management Agency

I basically fell into this field. My first related job was as a strategic crime analyst with the Calgary Police Service (CPS), and while it sounds unrelated, that was the job where I first realized the power of applying evidence to civic policy to make Calgary a great place to live.

My work with CPS involved reducing crime through analysis and application of findings. Business continuity really uses the same process: reducing business interruptions through analysis and ensuring critical operations have redundancy and single points of failure are minimized.

Currently, I lead a team of emergency management experts to reduce the impact and frequency of disasters in Calgary through evidence-based policy development, and by ensuring risk-sensitive disaster reduction principles are integrated into civic services.

I work for a corporation of 15,000 individuals spread across 31 business units, and in assisting them with the development of business continuity plans, I learn a tremendous amount about how a city is run. I also enjoy knowing I've helped a business continue during interruptions wrought by emergencies and disasters. It's one of the fields where you can so tangibly create resilience for a living, breathing city.



THE BASICS: Business Continuity Planner

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Data for this feature was provided by payscale.com, service-canada.gc.ca, publicafety.gc.ca and onetonline.org.

HOW TO START

Specialists in this field typically require a bachelor's degree in either emergency management, public administration, communications or business. However, since this is considered an emerging occupation, many planners come from various academic and professional backgrounds.

WHERE YOU CAN GO

Business continuity planners are commonly employed by government agencies, private companies and large organizations to implement strategies that effectively respond to business disruptions. The increased threat of natural disasters, communications failures, terrorism and hacker activity has encouraged many companies in public administration, transportation, warehousing, oil and gas, IT and wholesale trade to prepare for potential emergencies.

NEXT CAREER STEP

Skilled workers with relevant training in business analysis, risk evaluation and control, and employee training and development can apply for the associate business continuity professional designation with the Disaster Recovery Institute. The Business Continuity Institute also offers internationally recognized qualifications for professionals wishing to explore career opportunities involving extended or frequent travel.



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Love It or List It continues to spread across the globe

There is a perennial scene in reality home makeover show *Love It or List It* that should be trademarked: It's when designer Hillary Farr throws a fit after being unable to balance the demands of the homeowner and a dwindling budget.

I never promised you a rose garden, the brittle Farr seems to lecture the aggrieved homeowners. But of course, at the beginning of the show, she did. Before she discovers the usual culprits of structural issues, asbestos, leaky pipes or termites that have made the budget unmanageable.

The homeowners then go into a meltdown and much conflict ensues. The clash of wills is central to the narrative of the show. One partner wants to stay and renovate their home. The other wants to go. Farr is the exasperated referee. And it has made the Canadian show arguably the most successful franchised export yet.

In terms of balance of trade, Canadian television is in a major deficit. It does a woeful job of exporting homemade television to the outside world while we import many of our most watched shows.

The top series on Canadian TV last year was an American franchise, *The Amazing Race Canada*.

That was followed by *The Big Bang Theory* and *Survivor*. Shows based on international franchises such as *Big Brother Canada* also continue to do well here.

For networks, it's cheaper to rent an NCIS procedural than to spend millions producing their own.

But you have to give credit where it's due. The under-the-radar, Toronto-produced *Love It or List It* is that one rare show that has bucked the trend, producing two other spinoffs and, now, an upcoming bushel of global franchises.

While Canadian TV has had its share of export successes such as CTV's *Flashpoint* and Space's *Orphan Black*, few of them have been "franchised" shows. That's where the producer sells the format to another country to make their own version. Creating that intellectual property for export means licensing fees for Canadian producers: money which flows back into the country.

Not bad for a concept developed in Toronto, making the show one of the most successful franchises in Canadian history.

The new entrants join the original *Love It or List It*, which already plays in 150 territories globally. Staffing for the current three shows can be over 200, the majority in Canada.

"People can relate to it, because not one homeowner out there has not sat down and had this question on their minds. Should I renovate my house, or move out and buy something else?" said Maria Armstrong of Big Coat Media, who developed the original concept.

FRANCHISES

Love It or List It producers have been on a global march, inking franchise deals internationally and right here in Canada. Here are a few examples:

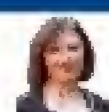
- Kirstie and Phil's *Love It or List It* - U.K.
- *Love It or List It* Vancouver
- *Love It or List It* Vacation Homes
- And eight more internationally licensed shows in: Australia, France, Belgium, Denmark, The Netherlands, Germany, Sweden and Norway

TORSTAR NEWS SERVICE

The show got a boost in 2012 when then Secretary of State Hillary Clinton told the *New York Times* it was her favourite show and she found it "very calming."

Like most good ideas, the pitch came from real life. Armstrong was looking to renovate her Riverdale home to accommodate her growing twin boys.

The producer, along with partner Catherine Fogarty, pitched the show as a kind of hail Mary pass when their other ideas seemed to fall flat during a meeting with TV executives. Armstrong originally called her concept *Should I Stay or Should I Go* based on the hit song by the Clash. But some thought the title was too long. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Stranger Things lets you escape to the '80s

THE SHOW: *Stranger Things*, Season 1, Episode 5

THE MOMENT: Embedded '80s references

Brainy high schooler Nancy (Natalia Dyer) is acting skittish. She doesn't want to tell her cool new boyfriend Steve (Joe Keery) that she's going to the woods to search for the monster that's making kids disappear.

"Why don't we catch a movie tonight?" Steve asks. "Pretend everything is normal for a few hours. All the Right Moves is still playing. With your lover boy, from *Risky Business*?"

"Yeah, I know," Karen says. "Carol thinks I look like him," Steve says. He starts to croon the Bob Seger song that Tom Cruise dances to in *Risky Business*.

"I should go," Nancy says, edging away.

This (fun!) series is set in the 1980s so naturally, period references abound. The three sweet, nerdy kids at the centre of the mystery communicate with walkie-talkies, play *Dungeons*



Nancy, left, looks like Mia Sara from *Ferris Bueller's Day Off* and Steve has Tom Cruise's haircut, circa 1983. CONTRIBUTED

and *Dragons*, and reference Carl Sagan. Their missing friend loves the Clash.

What's more fun is spotting '80s references embedded in the show's structure: The opening credits' typeface evokes *Charlie's Angels* circa 1981. Shots of the kids pedalling their bikes are carbon copies of 1982's *E.T.*

Nancy looks like Mia Sara from *Ferris Bueller's Day Off* (1986); Steve's haircut is lifted directly from Cruise's 1983 head; and the

synth-heavy soundtrack sounds like *Risky Business*. Most fun, the two leads are 1980s icons, Matthew Modine and Winona Ryder, who play an evil scientist and a desperate mom. Even the show's creators, the Duffer brothers (twins Matt and Ross), are period: they were born in 1984.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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CALGARY SENIORS' HOUSING SOCIETY

Options for seniors subsidized housing

Many organizations that provide subsidized seniors housing in Southern Alberta have been doing so for many decades.

Take Silvera for Seniors. The organization — the second-largest provider of seniors' housing in the province and the largest provider in Calgary — has more than 50 years' experience providing affordable and quality living communities in Alberta. These days, more than 1,500 older adults live in Silvera communities across Calgary. "We take pride in building communities within



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communities," says Katrine Sorensen, the Communications Coordinator at Silvera for Seniors. "All our residents have access to programs, such as our Community Resource program, that are aimed at supporting their quality of life."

Older adults can choose from a continuum of housing at Silvera — from independent living in a community atmosphere to supportive living with meals, weekly housekeeping and organized activities. Supportive living also includes 24-hour, non-medical staffing.

"Except our Willow Park on the Bow Community in Bridgeland that's a 55+ community, residents must be at least 65 years of age, be Canadian citizens or permanent residents and have lived in Canada for at least 10 years," says Sorensen.

As for the costs for seniors, the rent for a suite at Silvera is geared to income, with residents paying a percentage of their gross annual income for either supportive living or independent living programs. "We also offer suites with affordable,

MORE ONLINE

Be sure to look out for Part 8 of this feature on Sept. 29. Can't wait until then? Visit us at seniorshousingnow.ca.

below-market rents in both programs," says Sorensen. For more information about the offerings at Silvera, visit silvera.ca

Westwinds Communities started as the Foothills Foundation way back in 1959 with one seniors lodge in High River. In the nearly 60 years since then, the organization has grown to offer supportive living and independent living options for more than 330 older adults in Southern Alberta. Westwinds has 11 different residences across the communities of Okotoks, High River, Black Diamond and Turner Valley. The 334 people who live in the Westwinds residences must be over 65 years of age to access supportive living programs and over 60 years of age for most of the independent living housing options.

For more information about living at a Westwinds residence, visit foothillsfdtn.org. Please note, there can be long wait times to access subsidized housing in Alberta.



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'IF YOU'RE 90 OR 100 YOU CAN STILL BE LEARNING'

"No matter how old you are, you're never too old to be learning and you should take advantage of that," says Ali Shivji, one of the partners in Optima Living, a company that runs one seniors' residence in Clareholm and three in British Columbia.

Shivji takes a bit of an unconventional approach to providing care to older adults. In fact, he recently spent six months working as a barista serving coffee at Starbucks to try to figure out how the seniors care industry could better merge great customer service with a quality offering — like getting the perfect latte from a smiling server at Starbucks.

His idea is to move seniors care from

a clinical model — where the questions asked of an older adult are more along the lines of "What medications are you taking" to a more personal model where the questions people are asked are more like: "What makes you smile? What languages do you speak?"

Shivji has also spent a lot of time thinking about learning. An enthusiastic participant in MOOCs — Massive open online courses — he thinks older adults could get a lot from them too.

"They've become very popular in the last five years," he says. "MOOCs are a great option for people to take online courses in areas that they are really pas-

sionate about. I've done a couple of them myself and I've found them to be great."

MOOCs are free courses in a wide variety of topics, from astronomy to history to religion with pretty much every other topic in between.

"That whole area is a great area for seniors who are involved and who are now starting to see technology is relatively easy to work with," says Shivji.

"A lot of people feel that 'Oh, I've reached a certain age and society has kind of discounted me and I don't have value or I can't add value," says Shivji. "People are starting to realize that's not the case at all. There are opportunities

for people to continue to educate themselves."

One of those opportunities is free tuition at most educational institutions in Alberta.

Most post-secondary schools waive tuition for undergraduate courses if you're an Alberta resident and over the age of 65.

"Just because people are getting old, that doesn't mean their minds aren't thinking and there isn't much to learn," says Shivji. "If you're 90 or 100 you can still be learning."

For more information about online learning, visit mooc.ca and open.edx.org



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YOU'RE NEVER TOO OLD TO PRACTICE SAFE SEX

There comes a time when sexually active people don't have to worry about unwanted pregnancies, but you're never too old to think about protecting yourself from sexually transmitted diseases (STIs). In fact, the Calgary Sexual Health Centre reports that certain STIs are on the rise in older adults.

"STIs have no age limits and if you are sexually active, you need to practice safer sex," says Roseline Carter, a Registered Social Worker with the Calgary Sexual Health Centre. "The most important guard against STI's is to learn how to use a condom and lubrication, as well as how to have 'the talk' about protection with your partners."

In some cases, older adults have not been taught a lot about sexuality over the years and public health campaigns about protecting yourself from STIs are aimed at younger people.

Furthermore, doctors don't always discuss sexual health with their older patients and the patients may be too embarrassed or shy to bring it up themselves.

"People often think that older adults are not sexually active, or that we shouldn't talk about sexuality with them for fear of embarrassment. However, we know the only way to normalize sexuality is to talk about it," says Carter. "Sex can look and feel different as you get older, but it remains an intense and vital part of the human experience. Reports show most men and women between ages 50 and 80 are still regularly aroused by sex and intimacy."

Dating can be a brand new game for people who are single after many years with a spouse or partner, but the rules are the same: Respect yourself and your partner, communicate, use condoms and have fun. Here are a few ways to protect yourself from STIs:

- Get tested: The only way to know if someone has an STI is to get tested. Ask your doctor or go to an STI clinic.
- Use a condom with a new partner until you know you are both STI free. Condoms prevent the spread of STIs by preventing the



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exchange of infected fluids such as blood, semen or vaginal fluids.

- There are two types of condoms, male and female.
- Oil based lubricants (Vaseline, hand lotion, Crisco) should never be used with latex condoms as they cause the latex to weaken

and break.

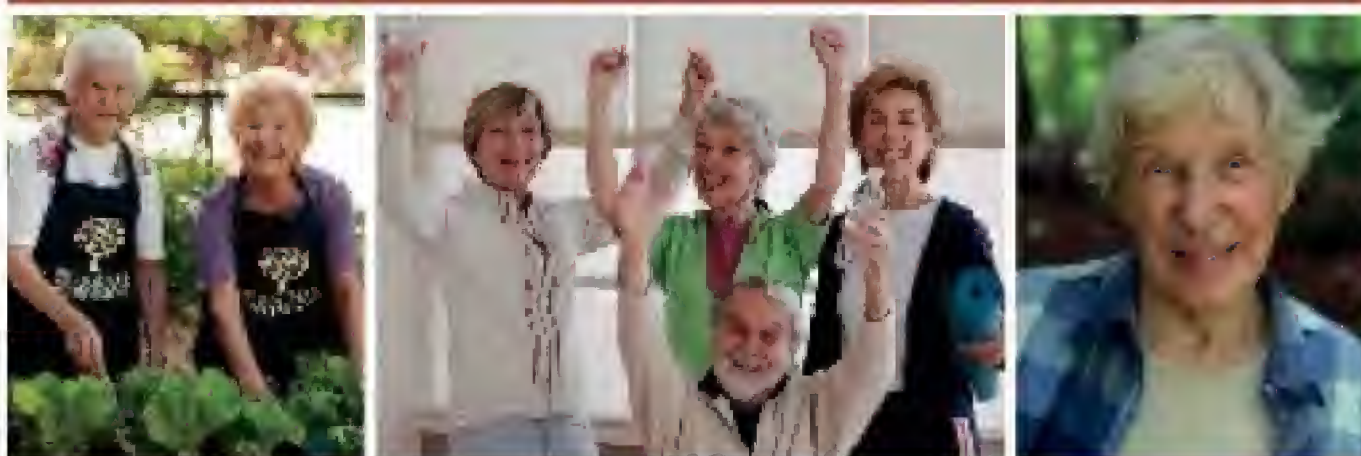
Ask your doctor or health care provider to help answer your questions about sexuality, or visit Calgary Sexual Health Centre, 304, 301 14 Street NW, Calgary, AB, 403-283-5580

For more, visit calgarysexualhealth.ca.

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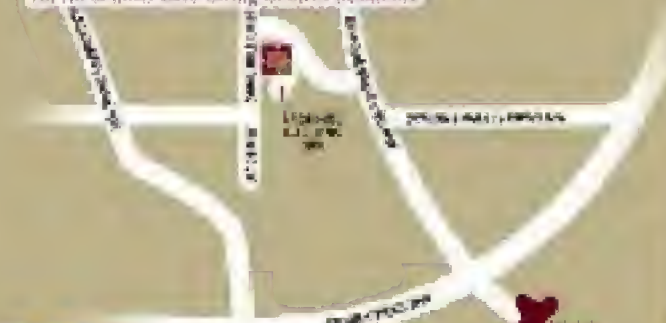
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PROUDLY CANADIAN



Standards in retirement living and long term care

The government and various agencies have a number of regulating and licensing requirements for individual operators that provide senior's housing in Alberta.

"Providing the best possible services is very important to seniors housing providers and as such we believe standards are important for the health and safety of seniors, the employees and the community," says Irene Martin-Lindsey, the President of the Alberta Seniors Communities & Housing Association (ASCHA).

Years ago, before the government started regulating licensing for supportive living in Alberta, ASCHA had a voluntary certification for its members. Every year, every residence in the province that gets public funding gets a visit from Alberta Health Services to make sure they are in compliance with Alberta Health Service Standards.

"While the standards are set the minimum requirements, if used wisely and monitored appropriately they will ensure that Albertans in supportive living are well served," says Martin-Lindsey. "Some view that they have become too

rigid and take away from the residential model as this is the resident's home. There continues to be a significant amount of duplication in reporting and standards as supportive living is also moving towards accreditation and contract monitoring between the government and Alberta Health Services can vary."

Then there's long term care. "All providers of home care, supportive living or long term care must comply with Continuing Care Health Services Standards," says Heather Aggus, Communication and Events Manager with the Alberta Continuing Care Association. "They were created to improve standards beyond those required in current acts."

This comprehensive set of standards covers everything from building code to nutritional requirements, and also includes laundry, bedding and cleaning requirements. "Standards are used to ensure that quality accommodation and services are being provided," says Aggus.

Every long term care provider in Alberta—whether public, private or voluntary—is held to the same standards and regulations. And by



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granting or revoking licenses, the province can ensure that organizations are following those standards.

The Health Quality Council of Alberta (HQCA) surveys residents and families about the quality of care and services they receive in home care, supportive living and long term care residences. And so do many continuing care

providers.

Meanwhile, the province is asking for input as it reviews legislation that governs seniors housing and care in Alberta. To have your say, visit: continuingcare.malatest.net

For more information about regulations, visit health.alberta.ca/services/continuing-care-forms.html.

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No blanket Rio ban for Russia

OLYMPICS

IOC steps back from complete sanction in spite of WADA report

Olympic leaders stopped short Sunday of imposing a complete ban on Russia from the Rio de Janeiro Games, leaving individual global sports federations to decide which athletes should be cleared to compete.

The decision, announced after a three-hour meeting of the International Olympic Committee's executive board, came just 12 days before the Aug. 5 opening of the games.

"We had to balance the collective responsibility and the individual justice to which every human being and athlete is entitled," IOC president Thomas Bach said.

The IOC rejected calls from the World Anti-Doping Agency and many other anti-doping bodies to exclude the entire Russian Olympic team following allegations of state-sponsored cheating.

Russia's track-and-field athletes have already been banned by the IAAF, the sport's governing body, a decision that was upheld Thursday by the Court of Arbitration for Sport and was accepted by the IOC again on Sunday.

Calls for a complete ban on

Russia intensified after Richard McLaren, a Canadian lawyer commissioned by WADA, issued a report Monday accusing Russia's sports ministry of overseeing a vast doping program of its Olympic athletes.

McLaren's investigation affirmed allegations of brazen manipulation of Russian urine samples at the 2014 Winter Games in Sochi but also found that state-backed doping had involved 28 summer and winter sports from 2011 to 2015.

But the IOC board, meeting

via teleconference, decided against the ultimate sanction, in line with Bach's recent statements stressing the need to take individual justice into account.

"An athlete should not suffer and should not be sanctioned for a system in which he was not implicated," Bach said after Sunday's meeting. Bach acknowledged the decision "might not please everybody."

Russian Olympic Committee president Alexander Zhukov presented his case to the IOC board at the beginning of

Sunday's meeting, promising full co-operation with investigations and guaranteeing "a complete and comprehensive restructuring of the Russian anti-doping system."

The IOC also rejected the application by Russian whistleblower Yulia Stepanova, the 800-metre runner and former doper who helped expose the doping scandal in her homeland, to compete under a neutral flag at the Games.

While deciding against an outright ban, the IOC said it was imposing tough eligibility conditions, including barring entry for the Rio Games of any Russian athlete who has ever been sanctioned for doping.

The IOC said it would accept



IOC president Thomas Bach
FABRICE COFFRINI/AFP/GETTY IMAGES

the entry only of those Russian athletes who meet certain conditions set out for the 28 international federations to apply.

THE ASSOCIATED PRESS

MLB

Happ bounces back to muffle Mariners

J.A. Happ came close to unravelling early in Toronto's 2-0 victory over the Seattle Mariners on Sunday.

A key strikeout of Nelson Cruz in the fourth inning turned things around, and the Blue Jays left-hander went on to earn his seventh straight win.

Happ began the fourth with a walk and a hit batsman before falling behind 2-0 to Cruz, who had racked up seven RBIs on a grand slam and three-run homer the previous day.

Two straight four-seam fastballs evened the count 2-2, another four-seamer got Cruz swinging on a 3-2 count, and Happ followed that with a second strikeout and pop up to end the inning.

"That's kind of my best pitch so I tried to use that and get ahead with that," Happ said of the pivotal at-bat. "When you're not hitting on your other stuff you have to rely on that."

Happ (13-3) notched a career high in wins while walking four and striking out six through six innings of one-hit ball as the Blue Jays avoided a three-game sweep. He started the game with a 12-pitch first inning but started to show some trouble with command over the next three, walking the lead-off batter in each of the second, third and fourth innings before hitting Robinson Cano to set up the crucial Cruz at-bat.

"A couple big strikeouts and



Blue Jays shortstop Troy Tulowitzki tags out would-be Mariners base-stealer Mike Zunino on Sunday. FRED THORNHILL/THE CANADIAN PRESS

SUNDAY in Toronto



I think that set the tone, especially for him," said Josh Thole, who started his third straight game behind the plate in place of an injured Russell Martin. "I know his pitch count got up a little, but that was the inning

that got him right where he needed to be."

Edwin Encarnacion hit his 224th home run in a Blue Jays uniform in the fourth inning to pass Vernon Wells for third place on the franchise's all-time list, and Thole scored the other run for Toronto (55-44) on a double play in the sixth.

Brett Cecil worked around a one-out walk for a scoreless seventh, Jason Grilli pitched a perfect eighth and Roberto Osuna earned his 20th save

with a clean ninth.

The dominant pitching performance was needed following a 14-5 loss to Seattle on Saturday that saw the bullpen surrender eight runs.

Wade Miley (6-8) allowed two runs on four hits and two walks while striking out four through six innings to shoulder the loss for the Mariners (50-48), who had won the first two games of the three-game weekend series at Rogers Centre.

THE CANADIAN PRESS

TOUR DE FRANCE

Tour champ toasts France's resilience

After the beer and champagne celebrations, Chris Froome delivered a sobering and emotional message from the Tour de France winner's podium on the Champs-Élysées.

Ten days after the Bastille Day truck attack in Nice that killed 84 people, Froome — a Kenyan-born British rider who often trains on the French Riviera — reminded everyone what the Tour stands for.

"These events put sport into perspective but they also show why the values of sport are so important to free society," Froome said on Sunday after securing his third Tour title in four years. "We all love the Tour de France because it's unpredict-

able but we love the Tour more for what stays the same — the passion of the fans for every nation, the beauty of the French countryside and the bonds of friendship created through sport. These things will never change.

"Thanks for your kindness in these difficult times," Froome added, switching to French as he addressed the local fans. "You have the most beautiful race in the world. Vive le Tour, Vive la France." THE ASSOCIATED PRESS



Chris Froome
GETTY IMAGES

IN BRIEF

Williams out of Rogers Cup
World No. 1 Serena Williams has pulled out of the Rogers Cup because of shoulder inflammation. The three-time Rogers Cup champion was seeded first in the hard-court tournament and was set to have a first-round bye. "Due to inflammation in my shoulder, I unfortunately must withdraw from the Rogers Cup," Williams said. "I was looking forward to competing in Montreal and I look forward to returning soon." THE ASSOCIATED PRESS

Bouchard commits to Rio
Eugenie Bouchard has confirmed that she will represent Canada at the Rio Olympics, putting to rest any doubts about the participation of the country's top-ranked women's tennis player. The Montreal native announced her decision in advance of the Rogers Cup. Bouchard was named to the team by Tennis Canada but said she would wait until "the last minute" to decide. THE ASSOCIATED PRESS

Vegas hits the jackpot

CANADIAN OPEN

Venezuelan shoots 8 under in final round for victory

Jhonattan Vegas was glued to his phone.

The 29-year-old Venezuelan walked into the media conference centre set up at Glen Abbey Golf Club in Oakville, Ont., in the midst of a video call with his wife and baby daughter, then put the phone down briefly to answer questions from reporters about winning the RBC Canadian Open on Sunday. As soon as Vegas stepped off the stage he was back on the phone, speaking with his family in Spanish, celebrating his second PGA Tour win.

"I didn't have a chance to talk to them after I knew that I had won and it's special seeing them that happy, enjoying that moment as much as I am enjoying it right now," said Vegas.

"It's just an incredible moment, just to share it with the family, with the wife, with the people you love and care about. It's great."

Vegas birdied the final three holes for an 8-under 64 and one-stroke victory. The 29-year-old Venezuelan began the day five strokes behind leader Brandt Snedeker, and four behind U.S. Open champion Dustin Johnson and Canadian amateur Jared du Toit.

He earned \$1,062,000 US and a spot in the PGA Championship next week at Baltusrol in New Jersey and received a two-year tour exemption as well as a spot in the Masters next year.

Although Vegas's playoff win at the Bob Hope Classic in 2011 launched his PGA career, the



Venezuela's Jhonattan Vegas tips a Mountie's cap to victory after winning the RBC Canadian Open at Glen Abbey Sunday.

FRANK GUNN/THE CANADIAN PRESS

“It's just an incredible moment, just to share it with the family, with the wife, with the people you love and care about. It's great. Jhonattan Vegas

Canadian Open victory was more special.

"It definitely feels bigger, feels more exciting because I have a family to share this with," said Vegas. "Just to see my wife and my baby so excited, from watching me on TV, just the whole thing."

"It makes me happier and makes me definitely more excited and definitely gives me more energy obviously to keep playing hard to give it my best every single time."

Johnson, Martin Laird and Jon Rahm all finished 11 under for the tournament for a share

of second place.

Du Toit finished tied for ninth at 9 under after a final round of 71.

Du Toit struggled to start Sunday's round with two early bogeys, but birdied 16 and 18 to finish two shots ahead of world No. 1 Jason Day.

After speaking to media Vegas asked to see the tournament's trophy again so he could show it to his family by phone and pose for photos. Even as he patiently waited for each picture to be taken he kept his phone — with his

1954

A Canadian hasn't won the national open since 1954, when Pat Fletcher accomplished the feat at Vancouver's Point Grey Golf Club.

family still on the line — in his hand.

Vegas will represent Venezuela at the upcoming Rio Olympics. THE CANADIAN PRESS

Du Toit makes a name for himself

It was only fitting that Jared du Toit took the final shot of the RBC Canadian Open.

Although the amateur, who is a Calgary native, fell out of contention in the final round of the PGA Tour event, he still got the biggest ovation of the day at the awards ceremony on the 18th green at Glen Abbey Golf Club. Fans gave him a rousing standing ovation when he birdied on the final shot of the tournament and again as he was given the Gary Cowan medal as the Canadian Open's lowest scoring amateur player.

"It was awesome," said du Toit of the hundreds of fans that followed him around the course on Sunday. "I probably could have shot a hundred out here and they would have been behind my back all day. Honestly unbelievable."

The 21-year-old Arizona State University player rallied finished the day a 1-under 71 and tied for ninth at 9 under.

Adam Hadwin, of Abbotsford, B.C., won the Rivermead Cup as low professional Canadian. He was tied for 49th at 1 under. THE CANADIAN PRESS



Jared du Toit GETTY IMAGES

IN BRIEF

Busch cleans up in Indy

Kyle Busch won the Brickyard 400 on Sunday to make it a clean sweep at Indianapolis.

He led a race-record 149 of the 170 laps and beat Joe Gibbs Racing teammate Matt Kenseth to the finish line by 2.126 seconds.

Busch became the first NASCAR driver to sweep the Xfinity Series and Cup poles and races on the same weekend. He also joined Johnson as the only Cup drivers with back-to-back wins on Indy's 2.5-mile oval.

THE ASSOCIATED PRESS

Hamilton snatches overall F1 lead from Rosberg

Mercedes driver Lewis Hamilton won the Hungarian Grand Prix for a record fifth time on Sunday to take the championship lead from teammate Nico Rosberg, who finished second.

Hamilton now has five F1 victories this season for 192 points, with Rosberg on 186.

Rosberg won the first four races this year, while Hamilton has won five of the last six. Verstappen is the only non-Mercedes driver to win a race in 2016.

THE ASSOCIATED PRESS

CFL

Nichols inserted to fire up Bombers



Matt Nichols will step in for Drew Willy against the Eskimos. THE CANADIAN PRESS

Matt Nichols is ready to take a turn at trying to ignite the Blue Bombers' stagnant offence.

Nichols will replace starter Drew Willy when Winnipeg (1-4) visits the Edmonton Eskimos (2-2) on Thursday — the team that traded the quarterback last year.

"I'm excited for the opportunity," Nichols told reporters after Sunday's practice.

"Obviously, it's never an easy thing, but Drew's had a great attitude about it. We're still having our conversations and he's going to do everything he can to help me play well, and ul-

“I've always maintained you need two quarterbacks to get to where we want to be to win championships.

Head coach Mike O'Shea

timately help this team win."

Head coach Mike O'Shea explained the change as an at-

tempt to fire up the offence.

"Change it up a little bit and try and score a few more points," he said.

Nichols replaced Willy midway through the fourth quarter of last week's 33-18 home loss to Calgary, after Willy forced a throw that Joe Burnett intercepted and took 34 yards for a touchdown.

Nichols guided the team on a four-play, 40-yard drive that ended with Weston Dressler hauling in an 18-yard TD and then a two-point convert pass.

THE CANADIAN PRESS

RECIPE Sweet Corn Tostada with Black Bean Spread

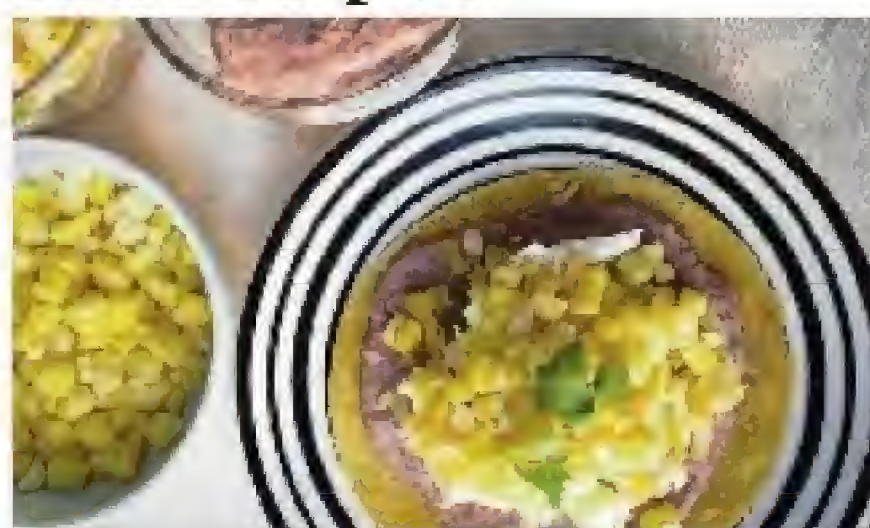


PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



- 2 cups shredded iceberg lettuce
- 3/4 cup grated Monterey jack cheese
- 1/4 cup sour cream

Directions

1. Preheat the oven to 425. Blend beans, oil, cilantro, garlic, lime juice and salt in a food processor, place in a small bowl and set aside.

2. Boil corn until cooked. Remove from water and allow to cool before cutting kernels from ear. Place in a bowl and put aside. Place shredded lettuce, shaved cheese, chopped cilantro and sour cream in various small bowls.

3. Lightly brush each tortilla with olive oil and bake in the oven on a cookie sheet for about 7 minutes. Remove and serve immediately with the rest of the fixings.

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Summer's sweet corn has the starring role in this easy, meatless Monday dish.

Ready in

Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients

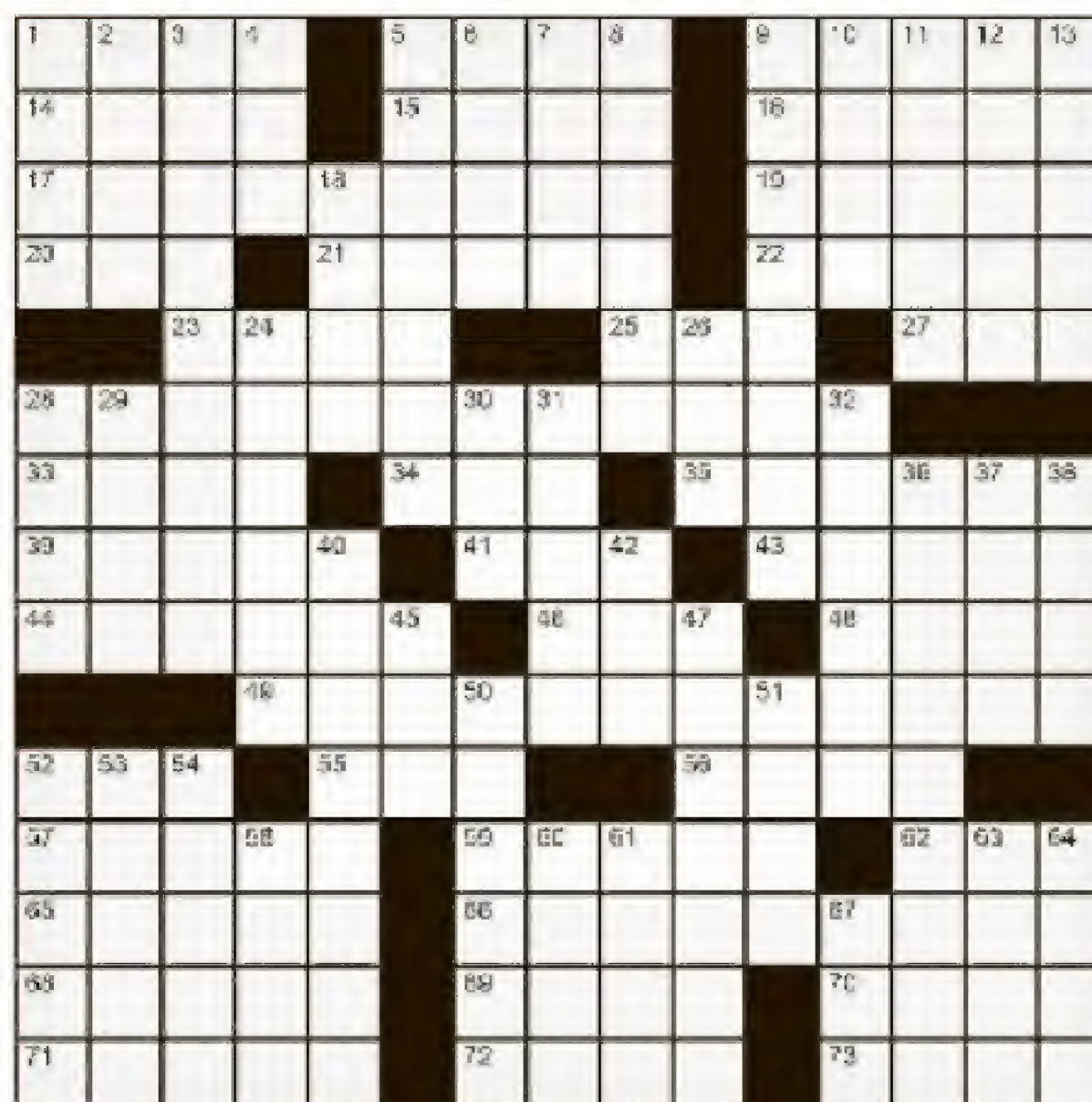
For the black bean spread:
• 1 can (14 oz) no salt added organic black beans, rinsed
• 1/4 cup extra virgin olive oil plus more for brushing
• 1/4 cup cilantro
• 1 clove garlic, sliced chopped cilantro plus 1/8 cup for garnish
• juice of one lime
• 1/4 tsp salt
For the tostadas:
• 8 corn tortillas
• 1 ear of corn or 1 cup frozen

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Breton Island
5. Golf
9. New Mexico's state flower
14. Particle
15. Man's title in Germany
16. Acrylic fabric
17. Augmented reality game app that's the Summer of 2016 craze: 2 wds.
19. Applying/employing
20. Cool (Green Day drummer)
21. William Shakespeare's mother Mary
22. Mountain chain
23. Viking operation
25. 'I' for Calgary
27. 4 qts
28. Old Montreal street coverings
33. Baseball's Mr. Hershiser
34. Agnus (Mass prayer)
35. Warns to be watchful
39. Dinner plates
41. Tunnel-blasting need
43. Plantlife
44. Day-after-working-out complaint: 2 wds.
46. Muck
48. Pre-wedding party
49. Titanic embarked on its fateful one on April 10th, 1912: 2 wds.
52. Cul-de-
55. Five Guys Named (Stage musical)



56. Family member
57. Like lips after collagen injections
59. Hair salon touchup sites
62. of the Covenant
65. Restrict
66. Prairie province person, perhaps

68. Dispatch boat
69. Sgt. Snorkel's comical dog
70. "One more thing..."
71. Carpentry joint part
72. Tuna: French
73. Didn't donate

DOWN

1. James T. Kirk's li'l title
2. 'Decor' suffix
3. Casino players feed the kitty with them: 2 wds.
4. Scot's uncle
5. Like the music for stringed instruments often

6. Loan
7. Advocate
8. Denver football player
9. Particular pronoun
10. Major
11. Stick, like dryer clothes

12. Miami Sound Machine tune
13. One of Charlie's '70s show trio
18. Put in the postal box
24. Flowering
26. pinch
28. Mozart opera, Fan Tutte
29. City near Provo, Utah
30. Adjust
31. Hint of hue
32. Generator system
36. Like wheels
37. Like some ancient Greek plays, briefly
38. advice
40. Quebec municipality that British rocker Peter just 'Comes Alive!' when thinking about it
42. Unit of weight [var. sp.]
45. vowel sequence...
47. Standing honour in the theatre
50. Mr. Mulroney of 'The Wedding Date'
51. Banish
52. Impact sound in comics
53. Hit for Canadian singer Edwin
54. Curry powder ingredient
58. Fermented soybean paste
60. Pledge
61. Aware of the plot: 2 wds.
63. Carpentry tool
64. String snag
67. Hardwood flooring selection

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your moods will change suddenly, making you feel impulsive. You have a strong freedom-seeking urge. Yowzers!

Taurus April 21 - May 21
This is a restless day for you. Perhaps you are planning a surprise for a family member or a special event for your home. Enjoy entertaining at home.

Gemini May 22 - June 21
This is a great day to schmooze with others; however, a friend or a casual acquaintance will surprise you in some way. A spontaneous get-together will be fun.

Cancer June 22 - July 23
Stay light on your toes today, because relations with bosses, parents and VIPs are unpredictable. Fortunately, something unexpected probably will please you.

Leo July 24 - Aug. 23
Unexpected opportunities to travel might fall into your lap today. Similarly, chances to get further training or to learn something new might miraculously appear.

Virgo Aug. 24 - Sept. 23
Keep your pockets open, because gifts, goodies and favors from others will come your way today. Someone might do a favor for you (not too shabby).

Libra Sept. 24 - Oct. 23
You might feel some emotional tension with a partner or close friend today, perhaps because someone wants more space or more freedom. A lot of people feel this way right now.

Scorpio Oct. 24 - Nov. 22
Your work routine will be different today. A co-worker might surprise you, or staff shortages and technological problems might occur. Keep a positive attitude.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Know where they are at all times. Be careful about hazards. Meanwhile, an unexpected invitation will please you.

Capricorn Dec. 22 - Jan. 20
Real-estate negotiations plus family matters will please and surprise you today. Something favorable could occur, but it will be unexpected. To be safe, stock the fridge.

Aquarius Jan. 21 - Feb. 19
Today your mind will think outside of the box, which is why you are full of innovative, original ideas. Expect to meet new people and see new places.

Pisces Feb. 20 - March 20
Trust your moneymaking ideas, because you're very clever today. However, impulse spending is likely. Forewarned is forearmed. Keep your receipts (and the box) just in case.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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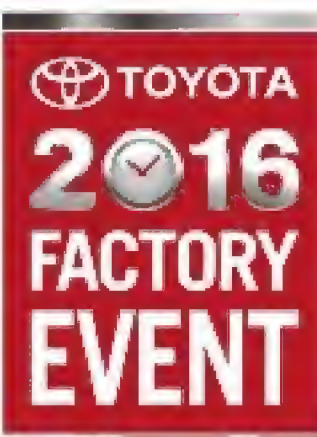
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